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Bad effects of procrastination

What is the meaning of word “Procrastination”? It means always putting off important tasks to a later time. However, procrastination has bad effects on people, especially on their health, works and grabbing opportunities. To begin with, procrastination causes many health problems. People who procrastinate often put off their work in last minute, that is to say they often sleep late until 2:00 am or 3:00 am. Lack of sleep can cause problems in immune system, which make people easier to get flu. Because procrastinator leads an irregular daily schedule, they are also more easily to get stomachache and headache. Furthermore, people who are procrastinating do poorly in their work. They like to hurry on with their assignment before deadline, so they could not have much time to work on it. They are not as well prepared as those who set enough time doing their works. For these reasons, qualities of their works are declined. Last but not least, procrastinator will miss a lot of opportunities. For example, when it’s time to enroll courses, procrastinators make decisions in last minute. In other words, they start to consider it later than other people. As a result, when they are signing up for courses, they find that there are only a few classes available. Maybe the class’s time don’t fit them, but they have no choice but pick them up. They miss opportunities because of their procrastination. Taking these reasons into consideration, the effect of procrastination is often negative. People should avoid procrastination as soon as possible.